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HOW TO COOK SALT PORK

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Salt pork is all-around meat. You can serve it fried, with milk gravy; or with cereals and vegetables in 1-dish meals; or in sandwiches and many other savory ways

The salt on salt pork helps to keep it. Do not wash it off until ready to use the meat. For lean salt pork, soak for several hours in plenty of water before cooking. If you have a large piece of *very salty* meat, soak it over night and then cook in several waters.

Fried salt pork.—Cook sliced fat salt pork in water for a few minutes, drain, and fry until crisp. Use some of the drippings for making milk gravy and the rest to fry apples, or apples and carrots. Served with hot biscuit, corn bread, rice, or hominy, this is a good supper menu for a cold winter evening.

Salt pork with dried beans or peas.—Soak dried beans or peas over night, and boil in fresh water until tender. Dice salt pork and fry it crisp, slice an onion and brown in the fat, add the beans or peas with the liquor in which they are cooked. If desired, add tomatoes. Heat all to boiling, pour into a shallow baking dish, and cook in the oven until the sauce thickens.

Chowders.—For *vegetable chowder*, fry 1 cup diced salt pork until crisp and remove the brown pieces from the fat. Chop an onion fine and cook it in the fat. In the meantime boil 2 cups diced raw potatoes and 1 cup each of chopped cabbage, turnips, and carrots in 1 pint unsalted water. As soon as the vegetables are tender add 1 pint milk (fresh milk, or evaporated or dried milk made up with water) and the cooked salt pork and onions. When heated, season to taste with pepper, and salt if needed.

For *whole-wheat chowder*, follow this same recipe but use 2 cups cooked whole wheat and 2 cups diced raw carrots in place of the vegetables called for above. Add more milk if needed.

Salt pork in stuffed or scalloped vegetables.—Fry diced salt pork until crisp and mix it with bread crumbs, cooked rice, or other cereal. Use as stuffing for peppers or tomatoes. Or use the crisp cooked salt pork in scalloped dishes. Good combinations are sweetpotatoes and apples; cabbage and apples; and tomatoes with kidney beans, lentils, potatoes, or hominy.

Panned savory greens.—Fry until crisp $\frac{1}{2}$ cup of diced fat salt pork. Add 2 quarts of shredded cabbage, kale, spinach, or other greens, cover the pan, and cook slowly until tender. Add pepper, 2 tablespoons of vinegar, and salt if needed.

Baked salt pork.—Soak a piece of lean salt pork over night. Cook slowly in fresh water for about an hour, and drain. Bake until tender in an open pan in a slow oven.

Salt pork in quick breads.—Chop or grind $\frac{1}{4}$ pound salt pork. Then try out the fat until the cracklings are slightly brown.

For spoon bread, cook 1 cup of corn meal with 2 cups of water, stirring constantly. Add to this 1 cup of milk (fresh milk, or evaporated or dried milk made up with water), then the fried salt pork, fat and all. If possible, add 1 or 2 beaten eggs. Pour into a well-greased hot pan or baking dish and bake for 40 to 50 minutes in a hot oven. Or bake in a skillet on top of the stove in a thinner layer.

Tried-out salt pork can also be used as the fat in biscuits, griddle cakes, and muffins.

Spanish rice.—Chop about $\frac{1}{2}$ pound of salt pork and fry until crisp. Slice 2 onions and brown them in the fat. Add 1 quart of fresh or canned tomatoes and 3 to 4 cups of cooked rice. Season to taste with pepper, and salt if needed.

Salt-pork stew.—Cut 1 pound of raw lean salt pork into small pieces, soak, and parboil it. Cook until tender in 1 quart of water. Then add 1 pint each diced raw potatoes, turnips, and carrots, and a little thyme if desired. Cook until the vegetables are tender. Thicken the stew slightly with flour mixed with cold water. Season to taste with pepper, and salt if needed.

Salt-pork scrapple.—Make mush of 2 cups of corn meal and 2 quarts of unsalted water. Add 2 to 3 cups of chopped cooked lean salt pork. Season with $\frac{1}{2}$ teaspoon of rubbed sage, if desired. Pour into wet pans, let stand until cold and firm, slice, and fry until brown.

Salt-pork hash.—Chop an onion and fry it in $\frac{1}{4}$ cup of salt-pork drippings. Add 2 cups each of chopped cooked lean salt pork and unsalted cooked whole wheat. If desired, add chopped green pepper or carrot. Stir until heated thoroughly. Or use rice or hominy in place of the whole wheat.

Salt-pork sandwiches.—Mix chopped cooked lean salt pork with one or more of the following: Chopped hard-cooked eggs, raw cabbage, onion, cottage cheese, or pickles. Or season the meat with catsup, mustard, or grated horseradish.

This salt pork comes to you through the Federal, State, and County Relief Administration in cooperation with the Agricultural Adjustment Administration of the United States Department of Agriculture. It has been properly processed by the dry-salt cure in established packing plants throughout the country. It is given in addition to present relief allowances and is not to be used to reduce current expenditures.

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